JumpSport®

The JumpSport Fitness Trampoline
User's Manual
(All Models)

Assembly, Installation, Care, Maintenance, and Use Instructions

⚠ WARNING

Read these materials prior to assembling and using this rebounder trampoline

DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.

DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.

The recommended user weight is up to 250 pounds. This rebounder trampoline is not recommended for use by children under six years of age.

Retain address information for future use.

JumpSport, Inc.
2055 South 7th Street, Suite A
San Jose, CA 95112 U.S.A.

1-877-507-1399
www.fitnesstrampoline.com

P/N: INS-P-11656-01H

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The JumpSport Fitness Trampoline JumpSport Model FT 250 P/N: RBJ-S-20188-00
The JumpSport Fitness Trampoline JumpSport Model FT 250i P/N: RBJ-S-20189-00
The JumpSport Fitness Trampoline JumpSport Model FT 350 P/N: RBJ-S-20196-00
The JumpSport Fitness Trampoline JumpSport Model FT 350i P/N: RBJ-S-20154-00
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The JumpSport Fitness Trampoline JumpSport Model FT 570 P/N: RBJ-S-20192-00
The JumpSport Fitness Trampoline JumpSport Model FT 570i P/N: RBJ-S-20193-00

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All other brand or product names are trademarks or registered trademarks of their respective companies or organizations.

Patents

This product includes technology associated with one or more of the following U.S. Patents:

No. 6,053,845

No. 6,261,207

No. 6,840,891

No. 6,846,271

No. 7,060,001

Additional Patents Pending.

How to Contact Customer Support

Should you require customer service or technical support for the JumpSport Fitness Trampoline, please contact JumpSport's Customer Service department at:

1-877-507-1399

6:00am—5:00pm Monday through Friday, Pacific Time

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Assembly and Installation Instructions 1

Congratulations on purchasing the JumpSport Fitness Trampoline! We sincerely believe that you have purchased one of the finest rebounder trampolines on the market. It has been engineered with safety, durability, and performance in mind.

Preparation

Before you begin using the Fitness Trampoline, make sure your rebounder trampoline is in a proper location.

Rebounder Placement

Caution: *When deciding on where to place your rebounder trampoline, consider the following:*

⚠ WARNING

Overhead Clearance	Adequate overhead clearance is essential. Provide clearance for lights, ceiling fans, and other possible hazards.
Lateral Clearance	Lateral clearance is essential. Place the rebounder trampoline away from walls, windows, doors, structures, furniture, and other potential dangers. Maintain a clear space on all sides of the rebounder trampoline.
Level Surface	Place the rebounder trampoline on a level surface before use.
Lighting	Use the rebounder trampoline in a well-lit area. Artificial illumination may be required for indoor or shady areas.
Security	Secure the rebounder trampoline against unauthorized and unsupervised use.
Ground Clearance	Remove any obstructions from beneath the rebounder trampoline.

Note: *The owner and supervisors of the rebounder trampoline are responsible to make all users aware of practices specified in the* Use Instructions*.*

It is the responsibility of the purchaser to become familiar with all of the information in this booklet, to convey the warnings to all users, and to enforce JumpSport's rules for safe use.

This product is intended primarily for indoor, private home use. If it is used in a commercial setting, it will be subject to shorter warranty periods, as described in the Warranty section.

This unit is not intended for commercial or public use, and such use is strictly prohibited.

The recommended user weight is up to 250 pounds.

This rebounder trampoline is not recommended for use by children under six years of age.

The following pages contain diagrams, pictures, and written instructions for how to attach the legs to the JumpSport Fitness Trampoline, and how to adjust the elastic cord tension on the mat.

Familiarize yourself with the Assembly and Installation Instructions before beginning installation.

(Pictures are for illustration purposes only and may not match actual product.)

For installation questions, please contact JumpSport's Customer Service department at:

1-877-507-1399

6:00am—5:00pm Monday through Friday, Pacific Time

⚠ CAUTION

Pinch Point.
Pay careful attention to hand position when attaching and removing legs and elastic cords.

⚠ CAUTION

Avoid Injury.
Stabilizer handle (when attached to the rebounder) is not designed to support your entire weight. It is to aid with balance only.

⚠ WARNING

- **Trampoline designed for indoor, residential use only.**
- **Use with ample headroom and no obstructions.**
- **Step on and off trampoline—do not jump.**
- **One jumper on trampoline at a time.**
- **Do not use as a rebounding surface to any other object.**
- **Practice controlled jumping; take a break if you are tired.**
- **Be sure all elastic cords are securely attached to mat connectors prior to use.**

Tools

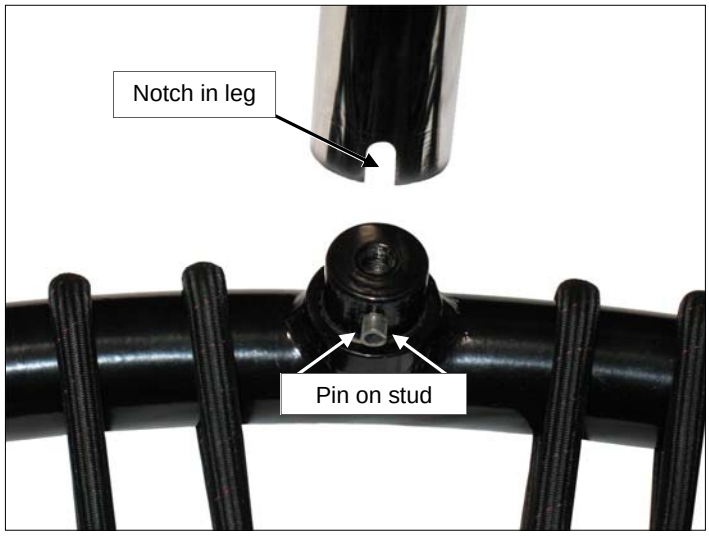
Installation of the rebounder legs requires a 6mm Allen wrench, which is included in the box. Safety glasses and gloves are also recommended for safety.

Note: *The Fitness Trampoline comes with a spare elastic cord.*

** Installing Leg Pieces **

Leg
Leg bushing
Lock washer
Allen bolt
Leg cap (may not be pre-installed)
Leg plug
Note: Some pieces may be inside of leg and hidden by the leg plug.

1) Familiarize yourself with the leg pieces. Then install leg caps over bottom of legs, as shown above.



2) With trampoline upside-down, fit leg over stud on trampoline frame. Notch in leg lines up with pin on stud.

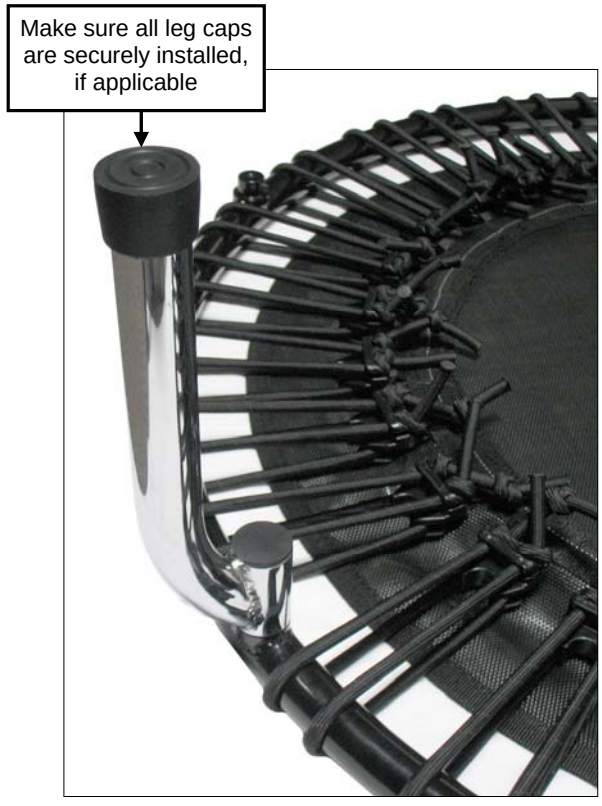
Note: *If you have a stabilizer handle and wish to install it, the 2 handle legs will be installed in place of the normal legs at the 2 locations shown above. Be sure the Fitness Trampoline logo is centered between the 2 handle legs.*

3) Leg bushing fits inside of leg. Leg bushing will not stick out of leg when properly installed.

4) Lock washer and Allen bolt fit inside of leg bushing.

5) Securely tighten Allen bolt with supplied 6mm Allen wrench.

6) Leg plug covers leg socket.



7) Repeat Steps 1—6 at remaining studs on bottom of trampoline. When completed, all 6 legs will be installed.

WARNING: *Periodically check all elastic cords by pushing them all the way into the connectors on the jumping mat. All elastic cords should be properly seated this way prior to using the rebounder trampoline.*

WARNING: *Periodically check all leg mounting bolts and retighten if necessary. All bolts should be tight prior to using the rebounder trampoline.*

If no handle legs are installed, **The JumpSport Fitness Trampoline is now ready for use!**

Otherwise, continue to the next page.

**** Installing Stabilizer Handle ****

1) Familiarize yourself with the handle pieces.

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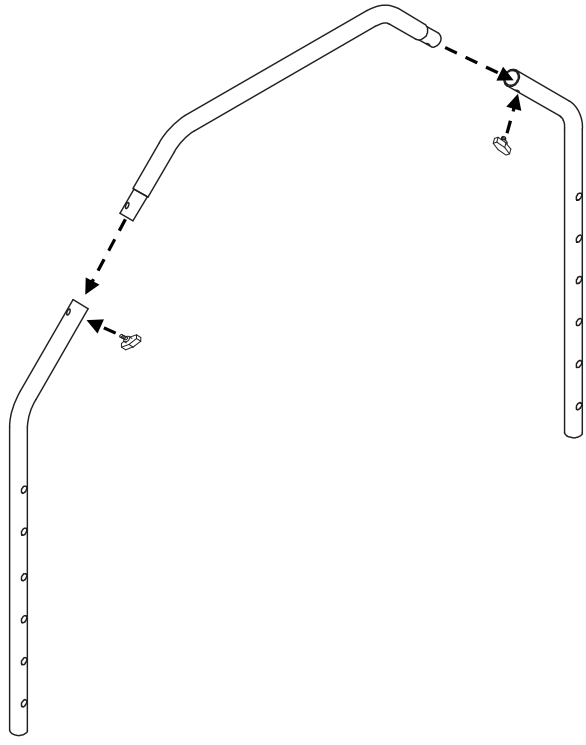
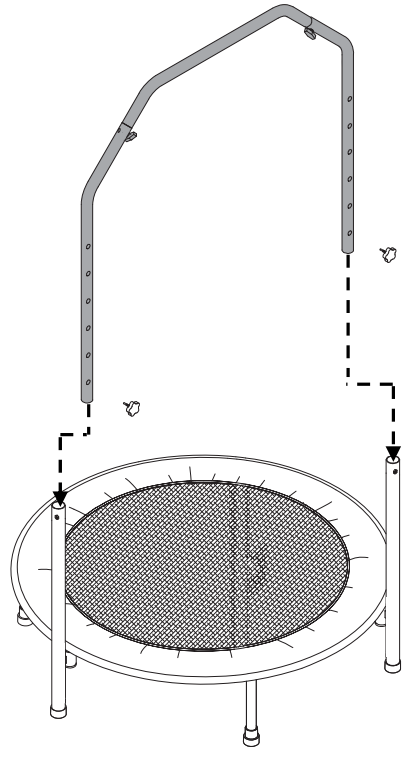
2) If you installed the handle legs as described on the previous pages, your Fitness Trampoline should look like the picture above.

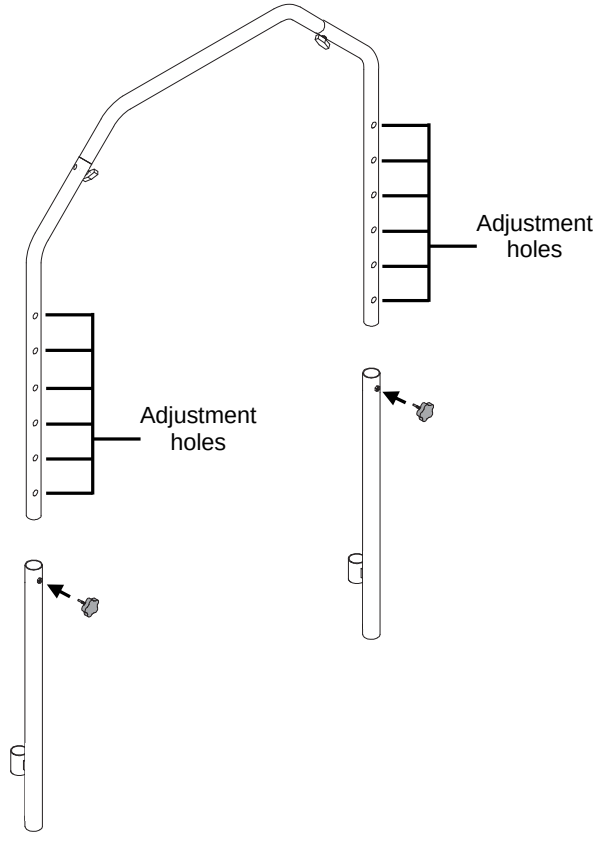


3) Connect top handle piece to right and left side handles. Use small thumb screws to secure pieces together. You now have a "top assembly".



4) Place top assembly into both handle legs, and adjust top assembly until bottom hole in top assembly lines up with hole at top of each handle leg. *You may have to rotate entire top assembly 180 degrees for holes to line up.*

Assembly and Installation Instructions

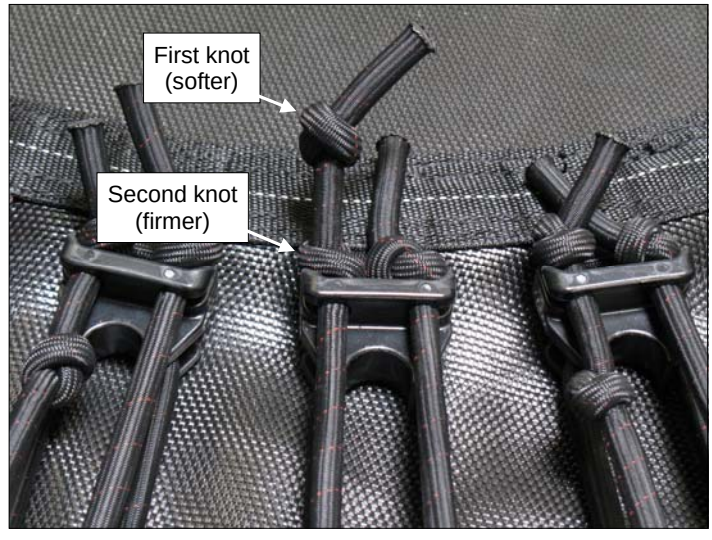


Note: *To change height of stabilizer handle, remove large thumb screws, move top assembly to desired height, then screw large thumb screws back into place. There are 4–6 different height adjustments for the stabilizer handle, depending on the model.*

WARNING: *Periodically check all leg mounting bolts and retighten if necessary. All bolts should be tight prior to using the rebounder trampoline.*

Your stabilizer handle is now installed!
To remove the handle, follow the Installation Instructions in reverse order.

** How to Adjust FlexBounce Models **
(if applicable)



The JumpSport Fitness Trampoline models equipped with adjustable elastic cords come configured for a softer bounce. However, if you decide that you want to make the Fitness Trampoline feel firmer, use the chart below to find the setting you want, then perform following steps:

1) Turn trampoline upside down.

2) Find elastic cord with multiple knots in it. Pull cord toward center of mat and out of plastic connector. Then pull elastic cord further toward center of mat until desired knot passes plastic connector. Now push cord into connector. Make sure cord is securely seated in connector, so that it does not come loose.

Choose your preferred firmness setting from the chart below. Repeat with additional knots/cords, if you want to make the trampoline even firmer.

Configuration Chart

	FlexBounce III	FlexBounce VII
Softer	1 / 1* on all cords **(standard configuration)**	1 / 1* on all cords **(standard configuration)**
↕		1 / 2 on every third cord (1 / 1 on all other cords)
↕		1 / 2 on every other cord (1 / 1 on all other cords)
↕	1 / 2 on every other cord (1 / 1 on all other cords)	1 / 2 on every cord
↕		2 / 2 on every third cord (1 / 2 on all other cords)
↕		2 / 2 on every other cord (1 / 2 on all other cords)
Firmer	1 / 2 on every cord	2 / 2 on every cord

- * Different knot combinations are going to be listed as 1/1, 1/2, or 2/2 to represent which knots on each end of the cord are being secured to the mat connectors
- Knot closest to either end of elastic cord is referred to as knot "1"
- Knot that is second from the end of either elastic cord is referred to as knot "2"
- It does not matter which end uses knot 1 or knot 2; the tension of the bungee will be the same either way.
- These are the recommended FlexBounce configurations for your Fitness Trampoline. You can also come up with your own configuration that works best for you!

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Care and Maintenance Instructions 2

The JumpSport Fitness Trampoline, is made using quality materials and is finely-crafted to provide you with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the rebounder trampoline and reduce the possibility of injury.

All rebounder trampolines require maintenance at some point. The following maintenance guidelines should always be observed.

Inspection

Inspect the rebounder trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached frame padding or cover, if any
- Punctures, extensive frays, tears, or holes worn in the bed, elastic cords, or other components
- Deterioration in the stitching or fabric of the bed, elastic cords, or other components
- Ruptured elastic cords
- A bent or broken frame
- A sagging bed
- Sharp protrusions on the frame or suspension system

Note: *The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat").*

If any of the above conditions exist, the Fitness Trampoline must be protected against use until the condition is remedied.

Periodically check all leg mounting bolts and retighten if necessary. All bolts should be tight prior to using the rebounder trampoline.

Replacement Parts

All replacement parts should be ordered through JumpSport. Stores that repair shoes, awnings, or tents, as well as upholstery shops, do not have the proper materials, equipment, or methods for the proper/safe repair of rebounder trampoline mats and frame pads.

Call **JumpSport** at 1-877-507-1399 if you need replacement parts, or have any questions.

If any warning labels or signs become unreadable or missing, call JumpSport for free replacements.

Rebounder trampoline mats should be completely replaced if any tear or hole is greater than one inch in length. Patches over larger holes will eventually fail, creating a potential for hazardous injury.

Caution: *Do not repair rebounder trampoline mats with holes greater than one inch.*

Care

Do not allow family pets on the rebounder trampoline, as claws may snag and pull the trampoline mat material or damage the frame pad.

The JumpSport Fitness Trampoline is intended to be used by one person at a time, weighing up to 250 pounds. The user should either be barefoot or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person that may cause injury or damage to the trampoline mat. Heavy, sharp, or hard pointed objects should not contact the mat surface.

Warning Information 3

⚠ WARNING

DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.

DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.

Points of Safety

It is essential that rebounder trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following:

- Bouncing off the rebounder trampoline
- Stepping on and off the rebounder trampoline
- Landing incorrectly on the mat

These are covered in detail in the following sections.

Bouncing off the Rebounder Trampoline

Bouncing off of the rebounder trampoline can be controlled, if not completely eliminated, through:

- Strictly forbidding any "aerial mounts" (i.e. jumping onto the trampoline from another object or the ground)
- Strictly forbidding any "flying dismounts" (i.e. jumping off of the trampoline onto another object or the ground)
- Using the trampoline only with mature, knowledgeable supervision

Keep objects away from the rebounder trampoline. It is dangerous to jump from the trampoline to the floor or ground. Do not jump from the trampoline onto a piece of furniture or any other object.

Stepping on and off the Rebounder Trampoline

The safest way to get on to your rebounder trampoline is to step from the ground directly onto the center of the mat. The safest way to get off of your rebounder trampoline is to step directly from the center of the mat onto the ground.

Do not step on the frame or elastic cords when stepping on or off the trampoline.

Landing Incorrectly on the Mat

Landing incorrectly on the mat creates great risk of a serious injury, with most injuries resulting from attempted somersaults/flips. It is strongly recommended that somersaults/flips are not performed.

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Use Instructions 4

Safety Rules

It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.

⚠ WARNING

- This product is intended for indoor use only.
- You should consult with a physician before beginning any exercise or conditioning program.
- If you feel faint or dizzy, immediately stop using the rebounder trampoline.
- DO NOT attempt or allow somersaults. Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- DO NOT allow more than one person on the rebounder trampoline. Use by more than one person at the same time can result in serious injuries.
- Use rebounder trampoline only with mature, knowledgeable supervision.
- Rebounder trampolines are not recommended for use by children under 6 years of age.
- Inspect the rebounder trampoline before each use. Make sure any frame padding or cover is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Step on and off the rebounder trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a spring-board to other objects.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of rebounder trampoline activities can be carried out by performing the basic skills in various series and combinations, performing one skill after another.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the rebounder trampoline can be accomplished. Control is more important than height.
- While keeping the head erect, focus eyes on the rebounder trampoline toward the perimeter, or on a stationary object across the room. This will help control bounce.
- Avoid bouncing when tired. Take breaks often.
- Properly secure the rebounder trampoline when not in use. Protect it against unauthorized use.
- Keep objects away which could interfere with the performer. Maintain a clear area around the rebounder trampoline.
- Do not use the rebounder trampoline while under the influence of alcohol or drugs.
- For additional information concerning the rebounder trampoline equipment, contact the manufacturer.
- For information concerning skill training, contact a certified rebounder trampoline instructor.
- Bounce only when the surface of the bed is dry.
- Read all instructions before using the rebounder trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.

Note: *The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat").*

IMPORTANT: *If you have a stabilizer bar (handle), be sure to read and follow the* Warning Information *and* Use Instructions *provided in that manual.*

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JumpSport®

Limited Warranty

What is covered by this warranty? This warranty covers any defects in materials or workmanship on all of the components of the JumpSport Fitness Trampoline, and is extended exclusively to the original retail purchaser.

How long does this coverage last? Warranty coverage for each component begins from the original date of purchase. The warranty period for commercial use is shorter and is listed in parenthesis:

- Steel frame – lifetime (5 years)
- Steel legs (not including removable parts) – lifetime (5 years)
- Jumping surface (mat) – 5 years (2 years)
- ExtraLife Cords – 1 year (6 months)
- EnduroLast Cords – 3 years (1 year)
- All other components of the rebounder trampoline – 1 year (6 months)

What will JumpSport do? If you return the defective part to JumpSport, as instructed below, JumpSport will either repair or replace such part, at JumpSport's discretion, and return it to you.

What is not covered by this warranty? This warranty does not cover expenses of on-site labor, shipping costs, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. This warranty also does not cover any problem that is caused by abuse, misuse, commercial or public use, ordinary wear and tear, outdoor use, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, improper maintenance, or any silk screened graphics. Rust is a natural occurrence with any steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

JUMPSPORT IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

How to get a defective part replaced:

1) Call the JumpSport Customer Service department at 1-877-507-1399 to obtain a Return Authorization number. All returns must be pre-authorized.
2) Send the part(s) to the designated Service Center, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. You must pay freight and insurance to return the part to JumpSport. At JumpSport's sole discretion, we may ask you to send photographs in addition to or in lieu of returning the part.
3) After inspecting the returned part(s), JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. Please allow 3 to 4 weeks for delivery.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

JumpSport, Inc.
2055 South 7th Street, Suite A
San Jose, CA 95112

1-877-507-1399

http://www.fitnesstrampoline.com